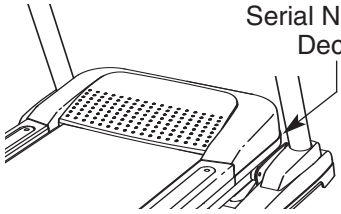
PRO-FORM®
PF 3.9 Xm

Model No. PETL40807.0
Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please contact us at the numbers or addresses listed below:

Call: 08457 089 009

Outside UK: 0 (44) 113 3877133

Fax: 0 (44) 113 3877125

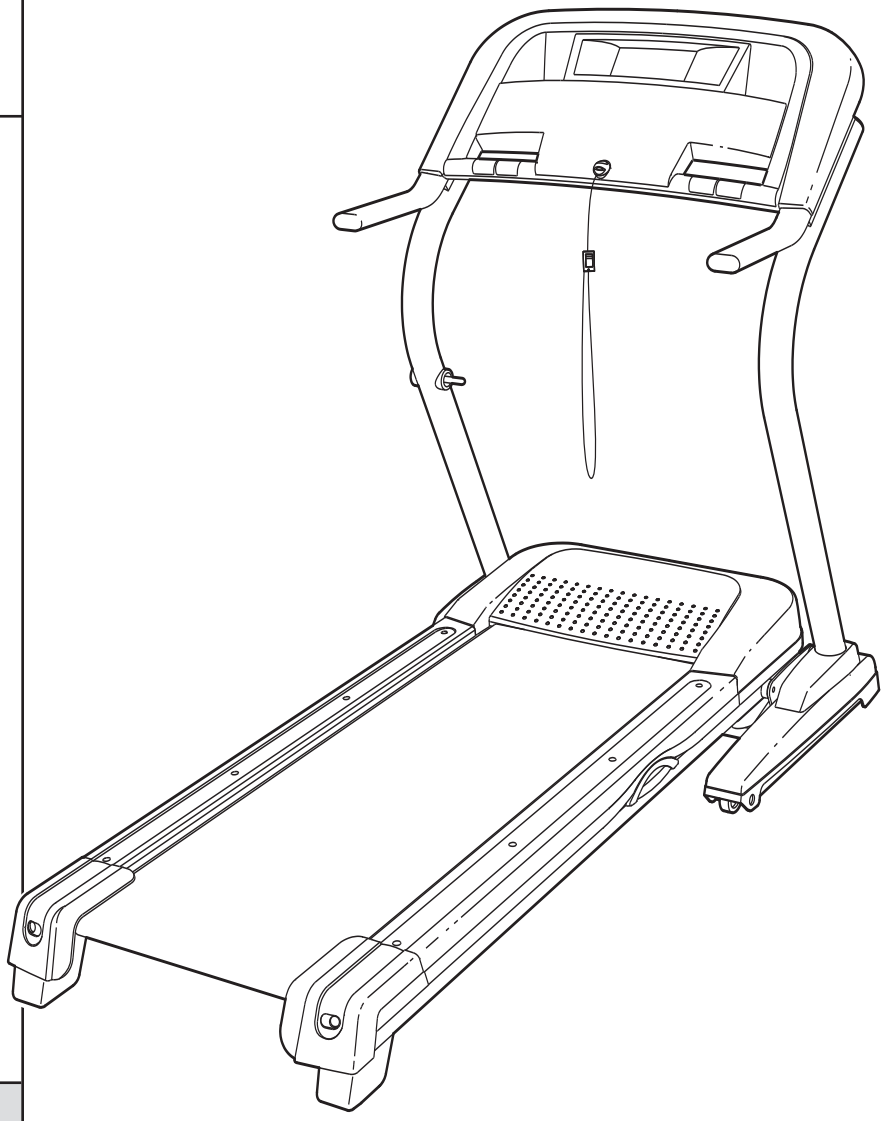
E-mail: csuk@iconeurope.com

Write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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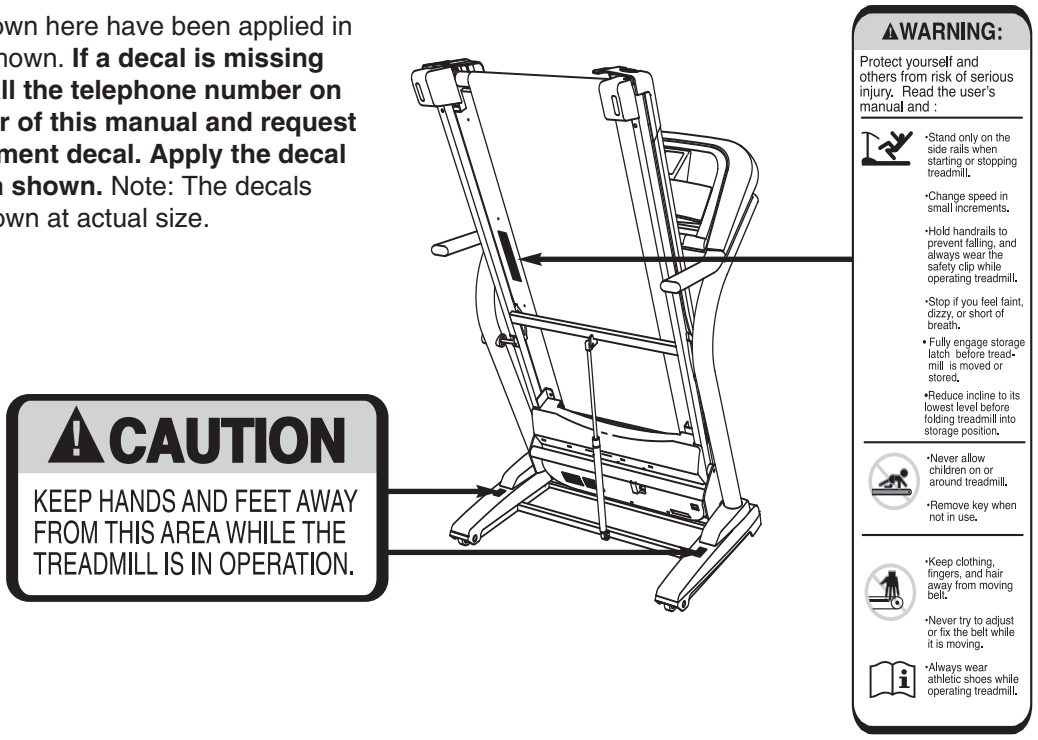
WARNING DECAL PLACEMENT

The decals shown here have been applied in the locations shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.


⚠CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

2. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

3. **Use the treadmill only as described.**

4. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

5. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

7. **Keep children under the age of 12 and pets away from the treadmill at all times.**

8. **The treadmill should be used only by persons weighing 286 lbs. (130 kg) or less.**

9. **Never allow more than one person on the treadmill at a time.**

10. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.***

11. **When connecting the power cord (see page 13), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.**

12. **If an extension cord is needed, use only a 3-conductor, 14-gauge (1mm^2) cord that is no longer than 5 ft. (1.5 m).**

13. **Keep the power cord away from heated surfaces.**

14. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 22 if the treadmill is not working properly.)**

15. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 15).**

16. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

17. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

18. **The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

19. **Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)**

20. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 20.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

21. **When folding or moving the treadmill, make sure that the storage latch is fully closed.**

22. **Inspect and properly tighten all parts of the treadmill regularly.**

23. **Never insert any object into any opening on the treadmill.**

24. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

25. **This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.**

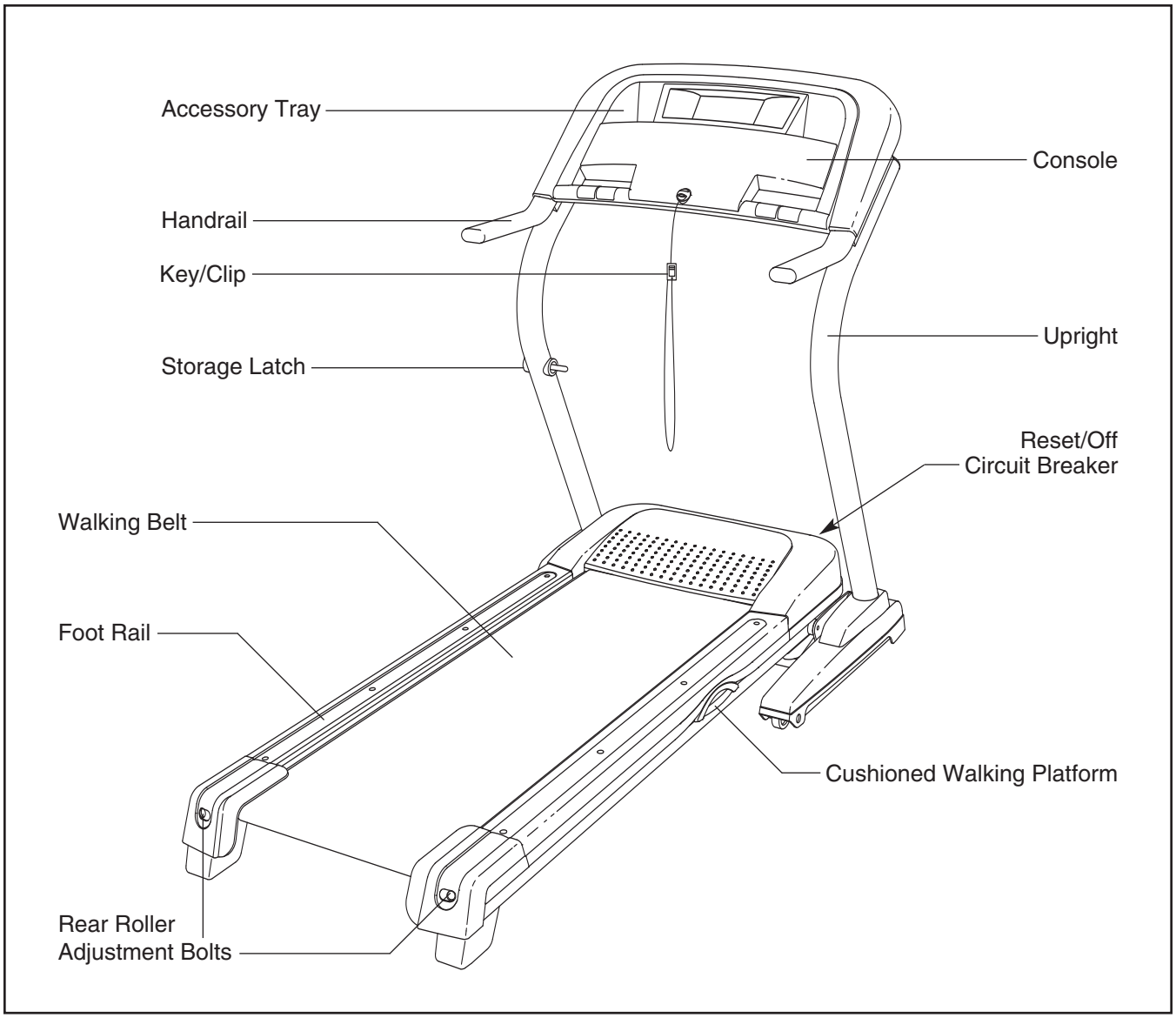
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® PF 3.9 Xm treadmill. The PF 3.9 Xm treadmill combines advanced technology with innovative design to help you get the most from your exercise in the convenience of your home. And when you're not exercising, the PF 3.9 Xm treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us (see the front cover of this manual).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

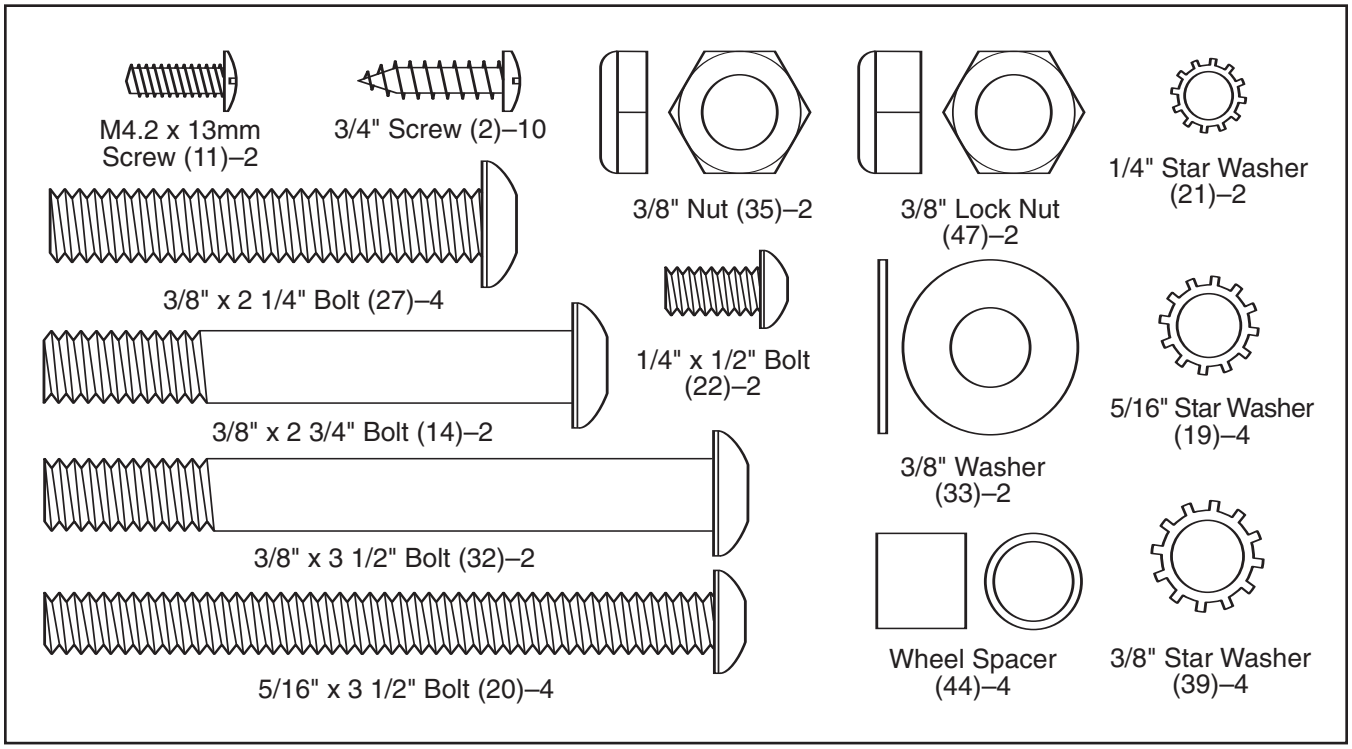


ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; do not dispose of the packing materials until assembly is completed. Note: The underside of the walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

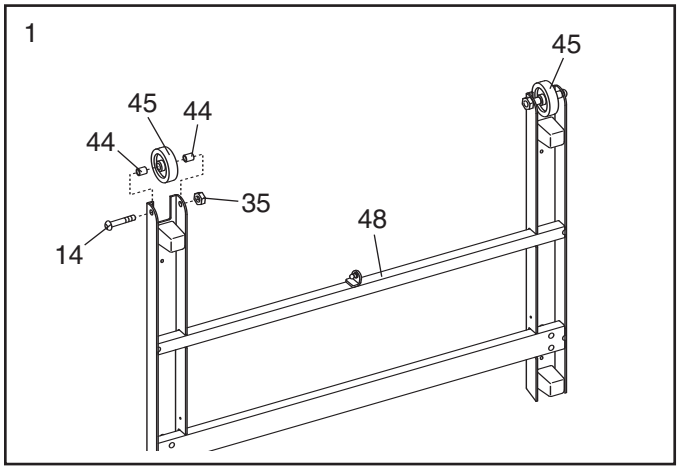
Assembly requires the included hex keys and your own Phillips screwdriver , rubber mallet , adjustable wrench , scissors , and needlenose pliers .

Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the parts bag, check to see if it is preattached to one of the parts to be assembled. Extra hardware may be included. To avoid damaging plastic parts, do not use power tools for assembly.**


M4.2 x 13mm Screw (11)–2
3/4" Screw (2)–10
3/8" Nut (35)–2
3/8" Lock Nut (47)–2
1/4" Star Washer (21)–2
3/8" x 2 1/4" Bolt (27)–4
1/4" x 1/2" Bolt (22)–2
5/16" Star Washer (19)–4
3/8" x 2 3/4" Bolt (14)–2
3/8" Washer (33)–2
3/8" x 3 1/2" Bolt (32)–2
Wheel Spacer (44)–4
3/8" Star Washer (39)–4
5/16" x 3 1/2" Bolt (20)–4

1. Attach a Wheel (45) to one side of the Base (48) with a 3/8" x 2 3/4" Bolt (14), two Wheel Spacers (44), and a 3/8" Nut (35) as shown. **Do not overtighten the Nut; the Wheel should turn freely.**

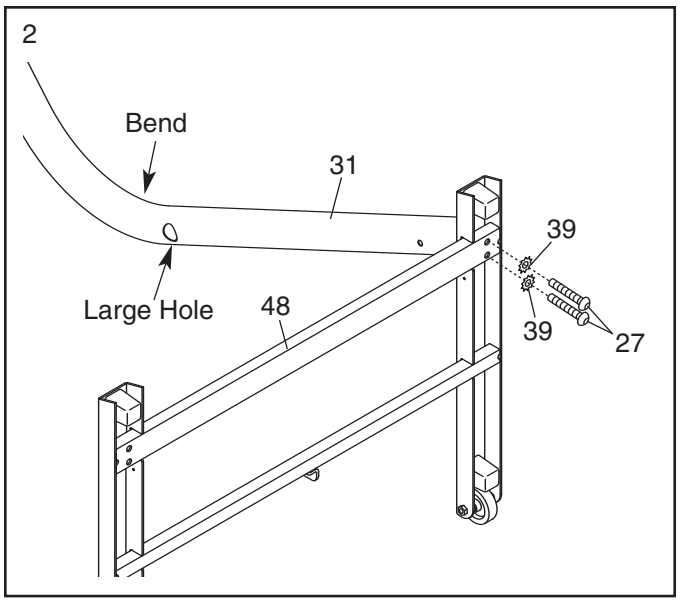
   Attach the other Wheel (45) to the other side of the Base (48) in the same way.



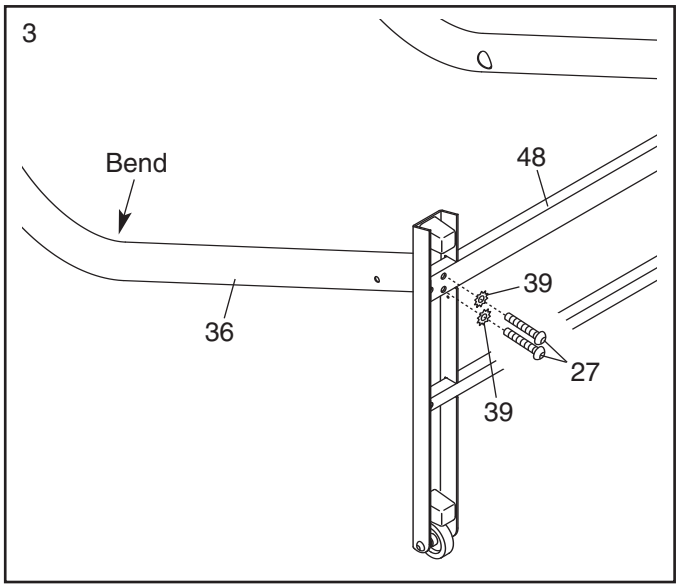
2. Have a second person orient the Base (48) as shown.

   Identify the Left Upright (31), which has a large hole near the bend.

   Orient the Left Upright (31) as shown, and attach it to the Base (48) with two 3/8" x 2 1/4" Bolts (27) and two 3/8" Star Washers (39); **do not tighten the Bolts yet.**



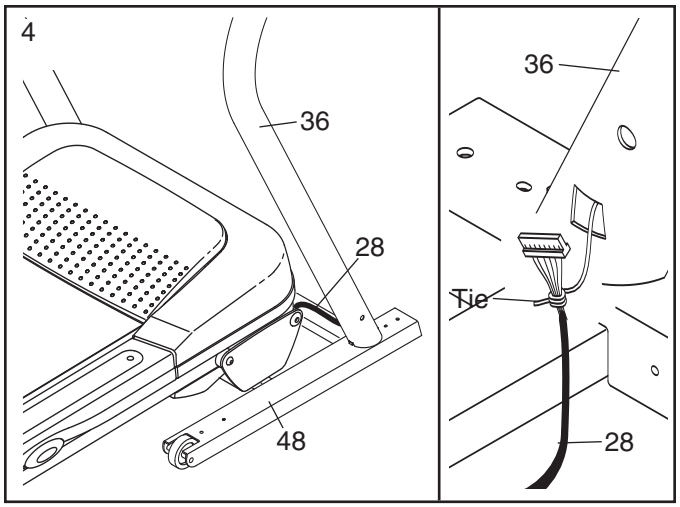
3. Orient the Right Upright (36) as shown, and attach it to the Base (48) with two 3/8" x 2 1/4" Bolts (27) and two 3/8" Star Washers (39); **do not tighten the Bolts yet.**



4. Set the Base (48) near the front of the treadmil.

   Cut the tie (not shown) securing the Upright Wire (28) in a bundle. Discard the tie.

   Locate the long tie in the Right Upright (36). Wrap the tie securely around the connector on the Upright Wire (28), and insert the connector into the large hole in the Right Upright. Then, pull the opposite end of the tie until the Upright Wire is pulled through the Right Upright.

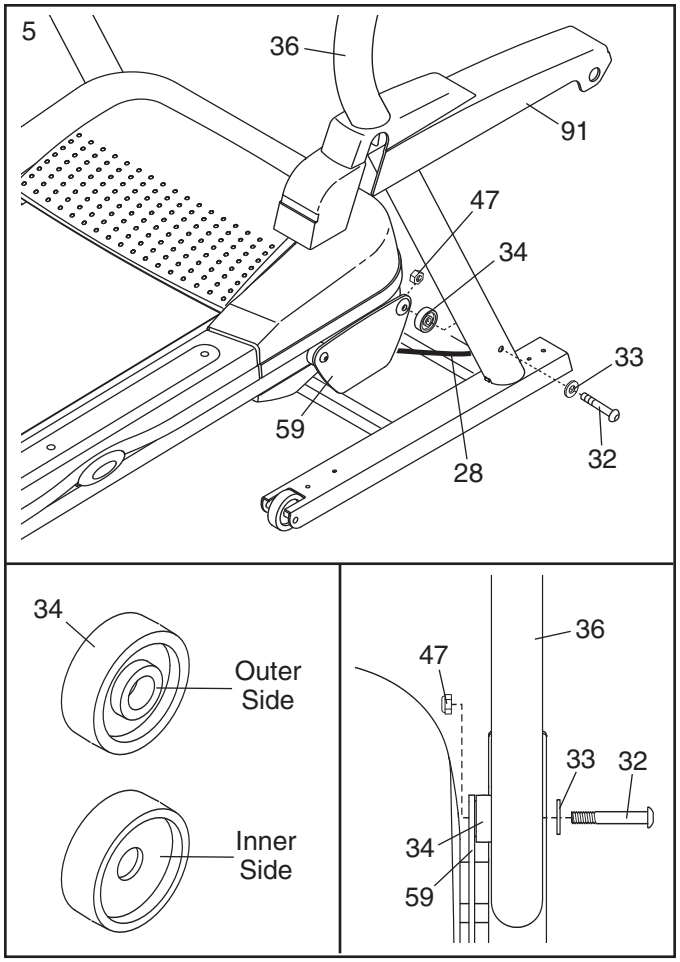


5. **See the left inset drawing.** Identify the two Frame Spacers (34). Open the included packet of grease, and apply grease to both sides of both Frame Spacers. Then, identify the outer side of each Frame Spacer.

   Next, hold a Frame Spacer (34) between the Right Upright (36) and the Lift Frame (59), **with the outer side of the Frame Spacer facing the Right Upright.** Attach the Right Upright to the Lift Frame with a 3/8" x 3 1/2" Bolt (32), a 3/8" Washer (33), and a 3/8" Locknut (47); **do not tighten the Bolt yet.**

   Then, identify the Right Base Cover (91). Slide the Right Base Cover onto the Right Upright (36) and turn it to the position shown.

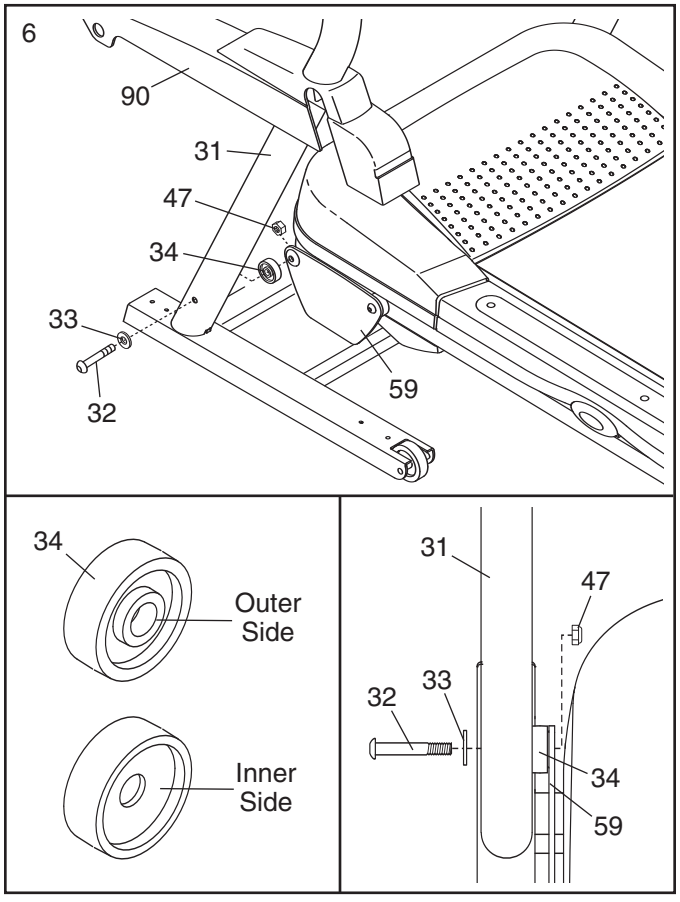
   Pull gently on the upper end of the Upright Wire (28) to remove any slack.



6. **See the left inset drawing.** Identify the outer side of the remaining Frame Spacer (34).

   Hold the Frame Spacer (34) between the Left Upright (31) and the Lift Frame (59), **with the outer side of the Frame Spacer facing the Left Upright.** Attach the Left Upright to the Lift Frame with a 3/8" x 3 1/2" Bolt (32), a 3/8" Washer (33), and a 3/8" Locknut (47); **do not tighten the Bolt yet.**

   Identify the Left Base Cover (90). Slide the Left Base Cover onto the Left Upright (31) and turn it to the position shown.

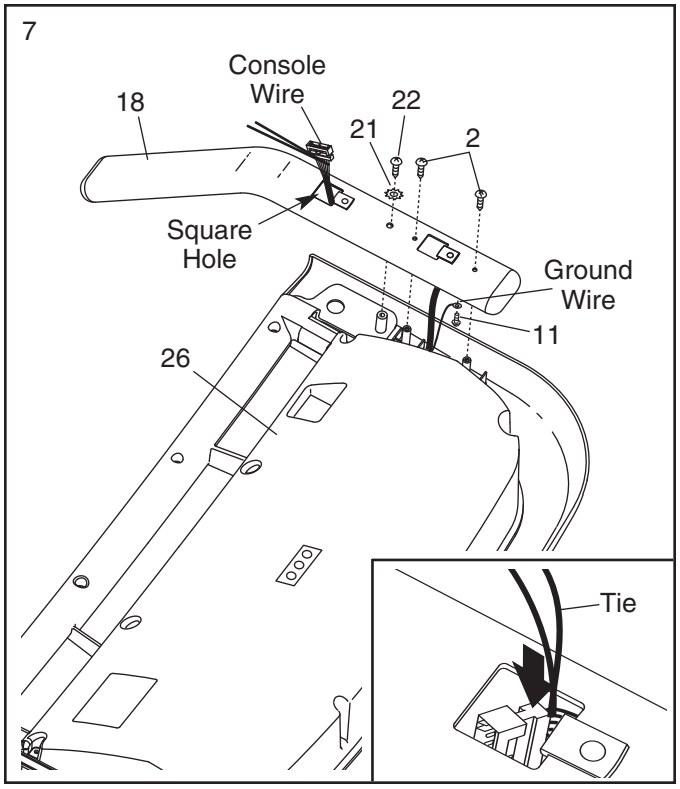


7. Set the Console Base (26) face down on a soft surface to avoid scratching it.

   Have a second person hold a Handrail (18) in the position shown. Insert the tie and console wire into the Handrail and out of the indicated square hole. If necessary, grip the connector with needlenose pliers **only in the area indicated by the arrow in the inset drawing.** Then, remove the tie from the console wire.

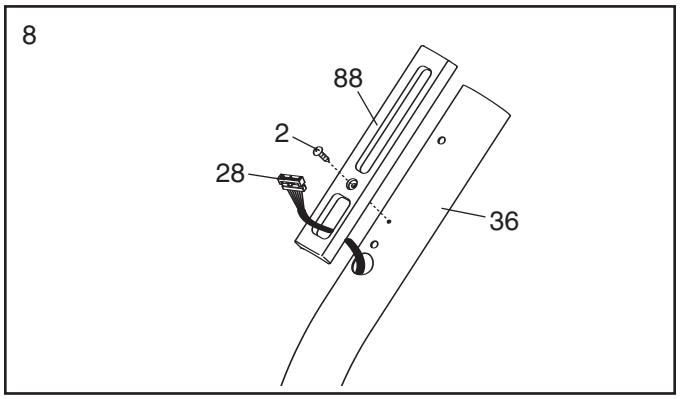
   Attach the ground wire to the Handrail (18) with an M4.2 x 10mm Screw (11). Next, set the Handrail on the Console Base (26). **Make sure that no wires are pinched.** Finger tighten a 1/4" x 1/2" Bolt (22) with a 1/4" Star Washer (21) into the Handrail, and then finger tighten two 3/4" Screws (2) into the Handrail. **Tighten the 1/4" x 1 1/2" Bolt and then tighten the two 3/4" Screws; do not overtighten the Screws.**

   Attach the other Handrail (not shown) in the same way. Note: There are no wires on the other side.



8. Insert the Upright Wire (28) through a Handrail Spacer (88) as shown. Attach the Handrail Spacer to the Right Upright (36) with a 3/4" Screw (2).

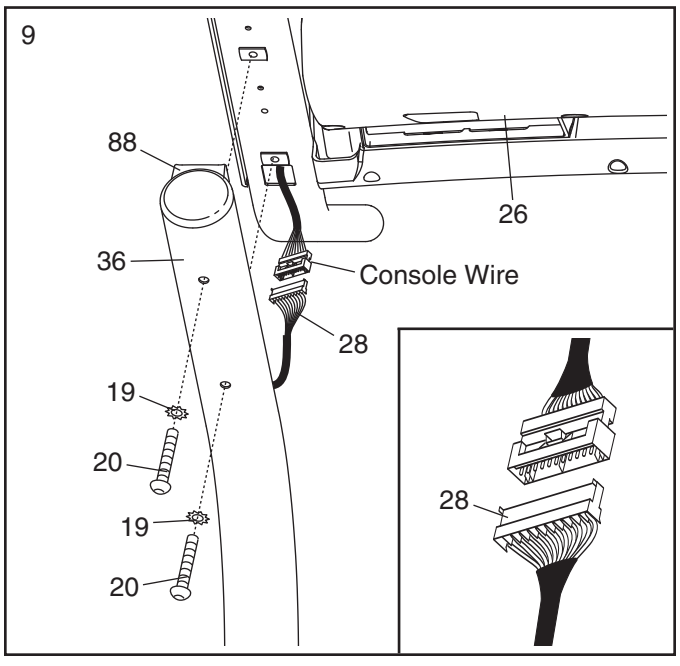
   Attach the other Handrail Spacer (not shown) to the Left Upright (not shown) in the same way. Note: There are no wires on the left side.



9. Remove the ties from the Upright Wire (28) and console wire.

   While another person holds the Console Base (26) near the right Handrail Spacer (88), connect the console wire to the Upright Wire (28). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Insert the connectors into the Right Upright (36).

   Attach the Console Base (26) to the Right Upright (36) and the Left Upright (not shown) with four 5/16" x 3 1/2" Bolts (20) and four 5/16" Star Washers (19) (only one side is shown). **Start all four Handrail Bolts before tightening any of them.**

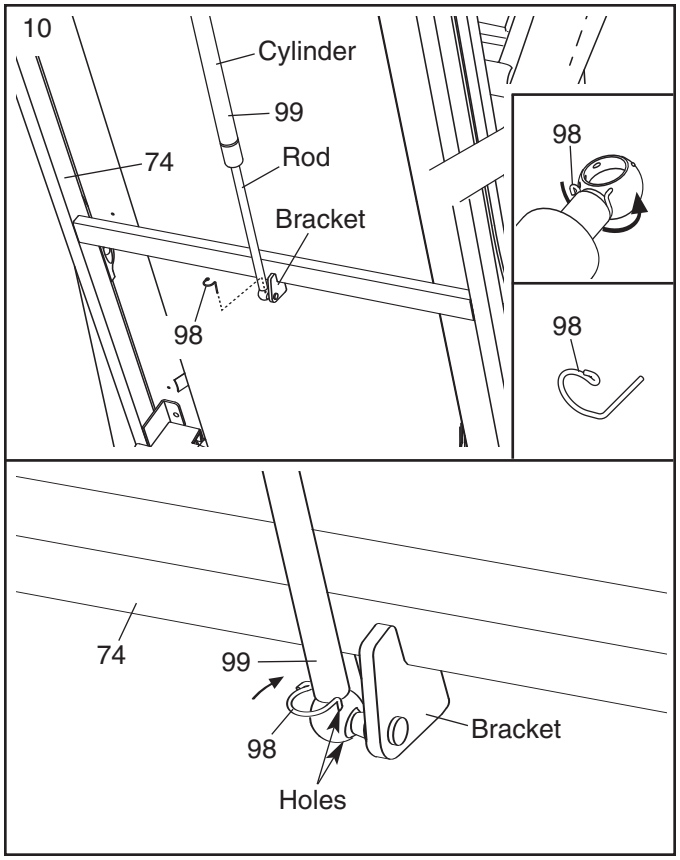


10. Have a second person raise and hold the treadmill Frame (74).

    Identify the Gas Spring (99). Note that the Gas Spring has a cylinder end and a rod end. **See the two small inset drawings.** Locate the Gas Spring Clip (98) in the rod end of the Gas Spring. Using your fingernail or the end of a screwdriver, press on the end of the Spring Clip to loosen it, rotate the Gas Spring Clip, and then pull the Gas Spring Clip out of the Gas Spring. **Be careful to avoid losing the Gas Spring Clip.** Note: Extra Gas Spring Clips are included.

    Next, hold the rod end of the Gas Spring (99) near the bracket in the center of the Frame (74). Press the end of the Gas Spring as far as possible onto the ball on the bracket.

    See the large inset drawing. Insert the Gas Spring Clip (98) into the two indicated small holes in the rod end of the Gas Spring (99). Then, rotate the Gas Spring Clip until it clips onto the Gas Spring.

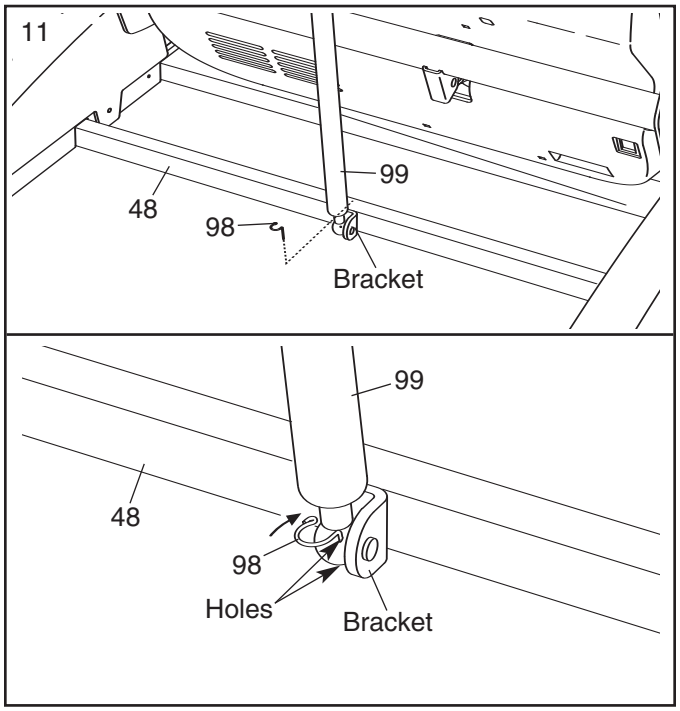


11. Pivot the cylinder end of the Gas Spring (99) down to the position shown. Remove the Gas Spring Clip (98) from the end of the Gas Spring.

    Next, align the cylinder end of the Gas Spring (99) with the bracket in the center of the Base (48). Press the end of the Gas Spring onto the ball on the bracket. Note: It may be necessary to pivot the Frame (not shown) forward or backward slightly to align the end of the Gas Spring with the ball.

    See the inset drawing. Insert the Gas Spring Clip (98) into the two indicated small holes in the Gas Spring (99). Then, rotate the Gas Spring Clip until it clips onto the Gas Spring.

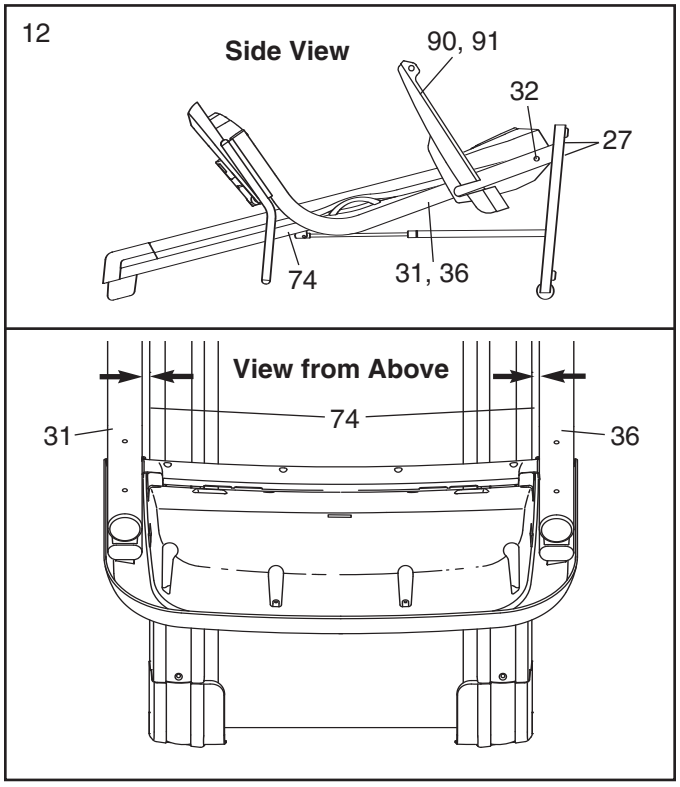
    With the help of a second person, lower the Frame (not shown) to the floor.



12. Lower the Uprights (31, 36). **Be careful to not damage the Left and Right Base Covers (90, 91).**

    See the inset drawing. Position the Uprights (31, 36) so that the treadmill Frame (74) is centered between the Uprights.

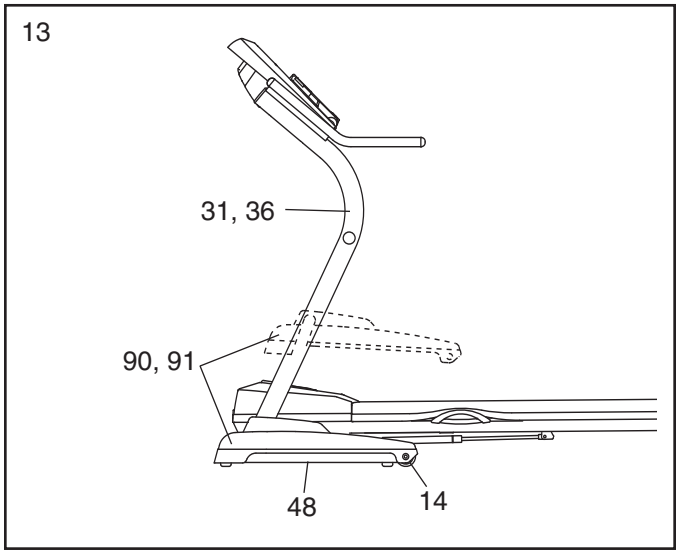
    Firmly tighten the 3/8" x 2 1/4" Bolts (27) and the 3/8" x 3 1/2" Bolts (32) on each side of the treadmill. **Do not overtighten the 3/8" x 3 1/2" Bolts.**



13. Raise the Uprights (31, 36).

    Turn the Left and Right Base Covers (90, 91) to the position shown. Slide the Base Covers downward over the Base (48). If necessary, pull out on the sides of the Base Covers to fit them over the 3/8" x 2 3/4" Bolts (14).

    Lower the Uprights (31, 36).

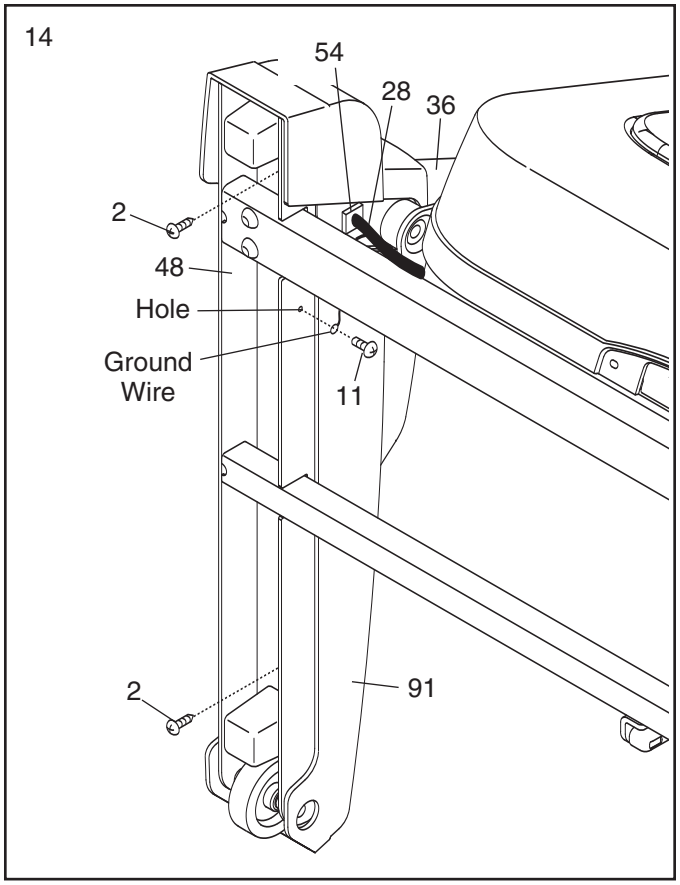


14. Attach the ground wire on the Upright Wire (28) to the indicated hole in the Base (48) with an M4.2 x 10mm Screw (11).

    Then, press the indicated Grommet (54) into the Right Upright (36).

    Attach the Right Base Cover (91) to the Base (48) with two 3/4" Screws (2). Note: Start both 3/4" Screws before tightening them. **Attach the Left Base Cover (not shown) in the same way.**

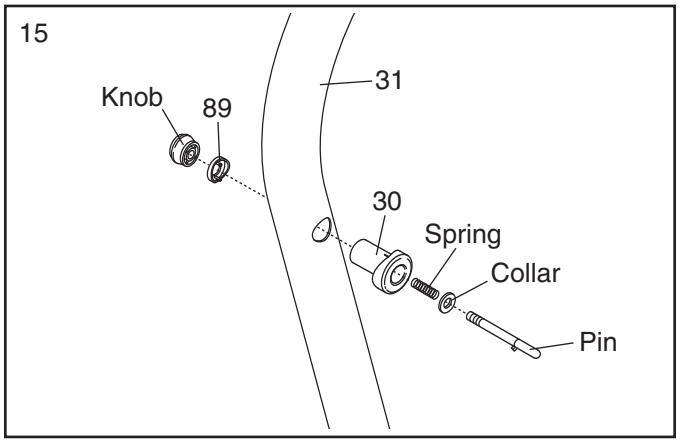
    Raise the Uprights (31, 36) to a vertical position.



15. Press the Latch Sleeve (30) into the Left Upright (31).

    Remove the knob from the pin. Make sure that the collar and the spring are on the pin. Insert the pin into the Latch Sleeve (30) and the Left Upright (31). Press the Latch Insert (89) into the other side of the Left Upright, and then tighten the knob back onto the pin.

    Remove the plastic packaging from the bottom of the treadmill.



16. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see page 23). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

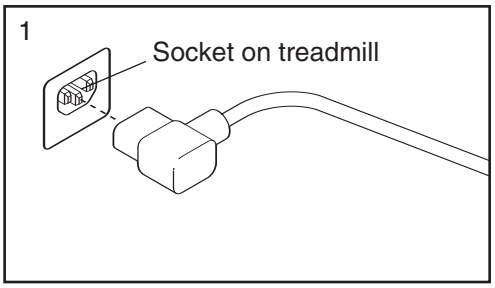
THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

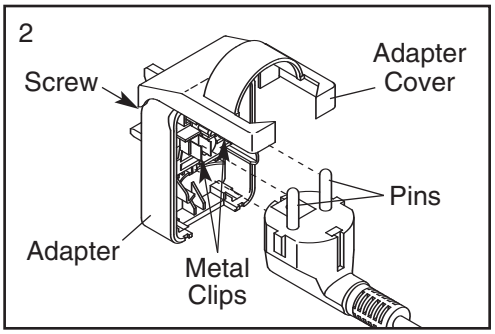
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **Important: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

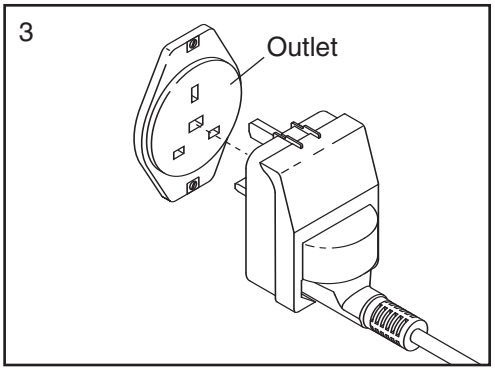
See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.



See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **Important: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**

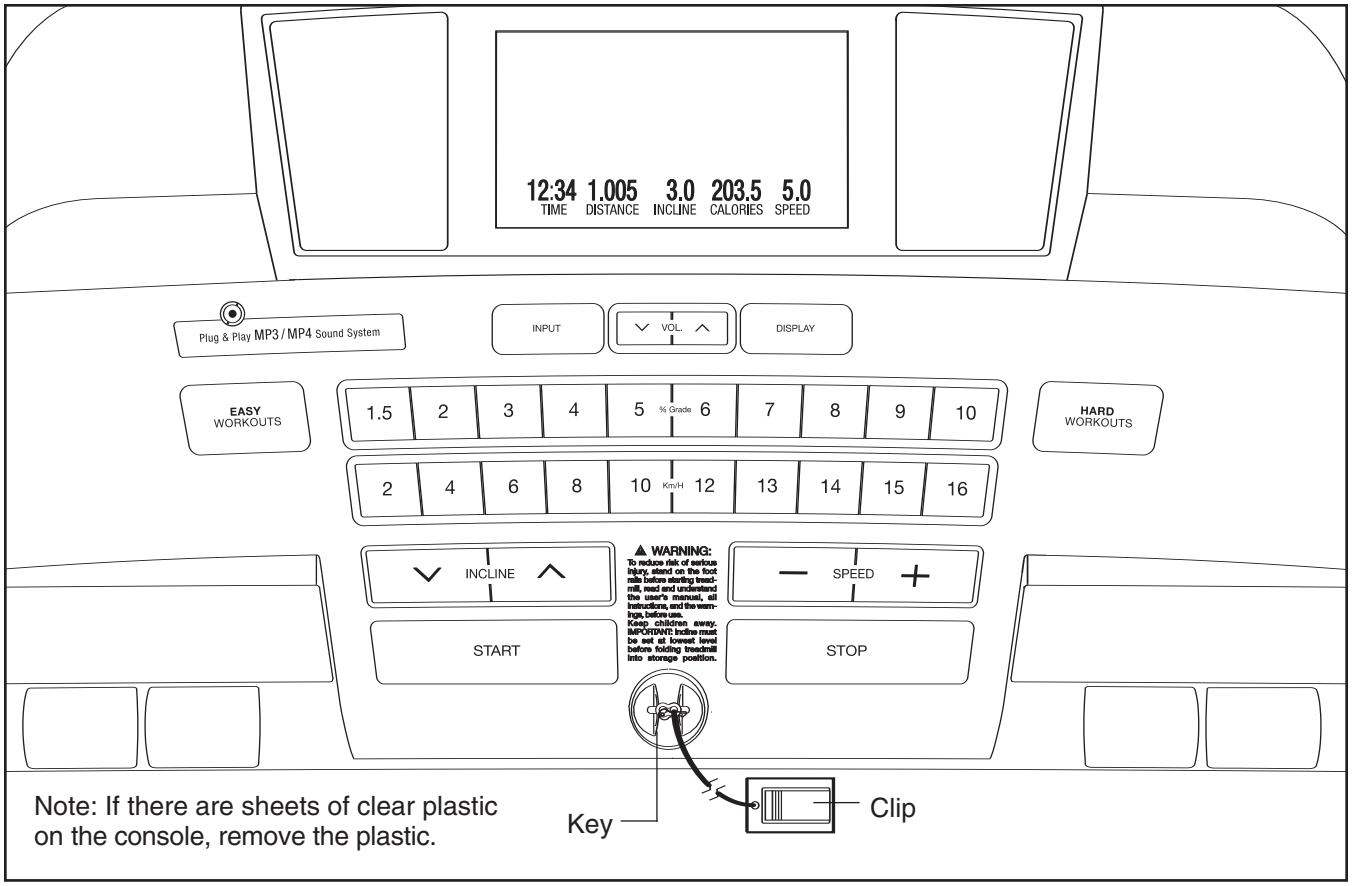


See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **Important: The treadmill is not compatible with RCD-equipped outlets.**



⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

CONSOLE DIAGRAM


12:34 TIME
1.005 DISTANCE
3.0 INCLINE
203.5 CALORIES
5.0 SPEED
Plug & Play MP3 / MP4 Sound System
INPUT
VOL.
DISPLAY
EASY WORKOUTS
1.5 2 3 4 5 % Grade 6 7 8 9 10
HARD WORKOUTS
2 4 6 8 10 Km/H 12 13 14 15 16
INCLINE
WARNING:
To reduce risk of serious injury, stand on the foot rails before starting treadmill, read and understand the user's manual, all instructions, and the warnings, before use.
Keep children away.
IMPORTANT: Incline must be set at lowest level before folding treadmill into storage position.
SPEED
START
STOP
Key
Clip
Note: If there are sheets of clear plastic on the console, remove the plastic.

FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. When you select the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the screen will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

In addition, the console features twelve preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout.

Whether you select the manual mode or a preset program, you can connect your own DVD player or VCR to the treadmill and watch the shows of your choice on the video screen. You can even listen to your favorite workout music or audio books with the console's stereo sound system.

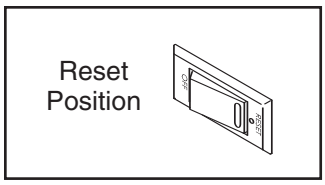
To use the manual mode, follow the steps beginning on page 15. **To use a preset workout**, see page 17. **To use the video screen**, see page 18. **To use the stereo sound system**, see page 18.

IMPORTANT: To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 23).

Note: The console can display speed and distance in either kilometers or miles. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 19. For simplicity, all instructions in this section refer to kilometers.

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, the console displays or other electrical components may become damaged.



Plug in the power cord (see page 13). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the “reset” position.

IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 19 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing on page 14), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER to the left.

2. **Select the manual mode.**

   Each time you insert the key, the manual mode will be selected. If you have selected a workout, remove the key and then reinsert it. A track will appear in the display. Note: The screen has a Console mode and an Input mode. The track can be displayed only while the Console mode is selected. To view the track, press the Input button repeatedly until the word CONSOLE appears on the screen for a few seconds.

3. **Start the walking belt and adjust the speed.**

   To start the walking belt, press the Start button, the Speed increase button, or one of the numbered speed buttons.

   If you press the Start button or the Speed increase button, the walking belt will begin to move at 2 Km/H. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 Km/H; if you hold down a button, the speed setting will change in increments of 0.5 Km/H. If you press one of the numbered speed buttons, the walking belt will gradually increase in speed until it reaches the selected speed setting.

   To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered Speed buttons.

4. **Change the incline of the treadmill as desired.**

To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the numbered Incline buttons.

Each time you press the Incline increase or decrease button, the incline will change by 0.5%. If you press one of the numbered Incline buttons, the incline will gradually increase until it reaches the selected incline setting.

5. **Select a display mode and follow your progress with the exercise information on the screen.**

As you walk or run on the treadmill, the screen can display the following exercise information:

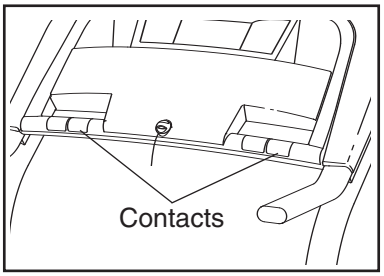
- The distance that you have walked or run.
- The elapsed time. Note: When a workout is selected, the screen will show the time remaining in the workout instead of the elapsed time.
- The approximate number of grams of carbs you have burned.
- The approximate number of calories you have burned.
- The speed of the walking belt.
- The incline level of the treadmill. Note: The incline level of the treadmill will be displayed only when you press the Incline buttons.
- Your heart rate. Note: Your heart rate will be displayed only when you use the handgrip pulse sensor.
- When the manual mode is selected, the screen can show a track that represents 400 meters (1/4 mile). As you walk or run on the treadmill, segments of the track will appear in succession until the entire track appears. The track will then disappear and the segments will again begin to appear in succession.

When the Console mode is selected, the console offers two display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.

To reset the console, press the Stop button, remove the key, and then reinsert the key.

6. **Measure your heart rate if desired.**

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and place your hands on the metal contacts—**avoid moving your hands**. When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for at least 15 seconds.**

7. **When you are finished exercising, remove the key from the console.**

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting or you may damage the treadmill when you fold it to the storage position.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill’s electrical components may wear prematurely.**

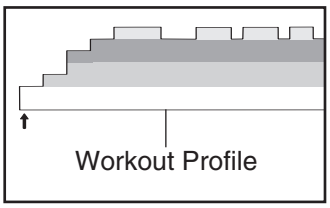
HOW TO USE A PRESET WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

2. **Select one of the twelve preset workouts.**

   To select a preset workout, press the Easy Workouts button or the Hard Workouts button repeatedly; the name of the workout that you have selected will appear on the screen.

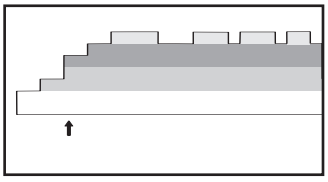
   

   When you select a preset workout, the maximum speed and incline settings of the workout, the workout time, and a profile of the speed settings of the workout will appear on the screen. The arrow below the profile will show your progress during the workout.

3. **Press the Start button to start the workout.**

   A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

   Each workout is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

   When the first segment of the workout ends, a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the new speed setting and/or incline setting will appear on the screen to alert you. The arrow below the workout profile will then move one position to the right, and the treadmill will automatically adjust to the speed and incline settings programmed for the second segment. Note: The screen has a Console mode and an Input mode. The workout profile can be displayed only while the Console mode is selected. To view the workout profile, press the Input button repeatedly until the word CONSOLE appears on the screen for a few seconds.

   The workout will continue in this way until the arrow reaches the right end of the workout profile. The walking belt will then slow to a stop.

   If the speed settings and/or incline settings are too high or too low, you can override the settings by pressing the Speed and/or Incline buttons; **however, when the next segment begins, the treadmill will automatically adjust to the speed and incline settings programmed for the next segment.**

   To stop the workout at any time, press the Stop button. To restart the workout, press the Start button. The walking belt will begin to move at 2 Km/H. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings programmed for the next segment.

4. **Select a display mode and follow your progress with the exercise information on the screen.**

   See step 5 on page 16.

5. **Measure your heart rate if desired.**

   See step 6 on page 16.

6. **When you are finished exercising, remove the key from the console.**

   See step 7 on page 16.

HOW TO USE THE VIDEO SCREEN

Follow the steps below to connect your VCR or DVD player (not included) to the treadmill. An RCA component video cable (not included) is required.

1. Connect one end of the RCA component video cable to the audio/video output jacks on your VCR.

2. Plug in the power cord of your VCR. See your VCR user's manual for proper grounding instructions.

3. Connect the RCA component video cable to the AV Input Jack on the back of the console.

Insert the key into the console. See HOW TO TURN ON THE POWER on page 15. Then, press the Input button repeatedly until the words INPUT 1 appear on the screen.

Press play on the DVD player or VCR. When you press the Volume increase and decrease buttons, the volume level indicator will appear on the screen for a few seconds.

When the Input mode is selected, the console offers three display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo speakers, you must connect your MP3 player, CD player, personal audio/video player, or MP4 player to the console. Locate the audio wire and plug it into the MP3/MP4 jack on the console. Then, plug the other end into a jack on your MP3 player, CD player, personal audio/video player, or MP4 player. **Make sure that the audio/video cable is fully plugged in.**

To operate an MP3 player, CD player, or personal audio/video player, press the Input button repeatedly until the word MP3 appears on the screen. To operate an MP4 player, press the Input button repeatedly until the word MP4 appears on the screen.

Next, press the Play button on your MP3 player, CD player, personal audio/video player, or MP4 player. Then, adjust the volume on your MP3 player, CD player, personal audio/video player, or MP4 player. You can also adjust the volume on the console by pressing the Volume increase and decrease buttons.

If you are using a personal CD player or a DVD player and the CD or DVD skips, set the CD player or DVD player on the floor or another flat surface instead of on the console.

THE INFORMATION MODE

The console features an information mode that keeps track of the total distance that the walking belt has moved and the total number of hours that the treadmill has been used. The information mode also allows you to select a measurement system of miles or kilometers, and turn on and off the display demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console and then release the Stop button. When the information mode is selected, the following information will be shown:

The display will show the total number of hours the treadmill has been used.

The display will also show the total number of kilometers (or miles) that the walking belt has moved.

The word “Metric” for kilometers or “English” for miles will appear in the display. Press the Speed increase button to change the unit of measurement if desired.

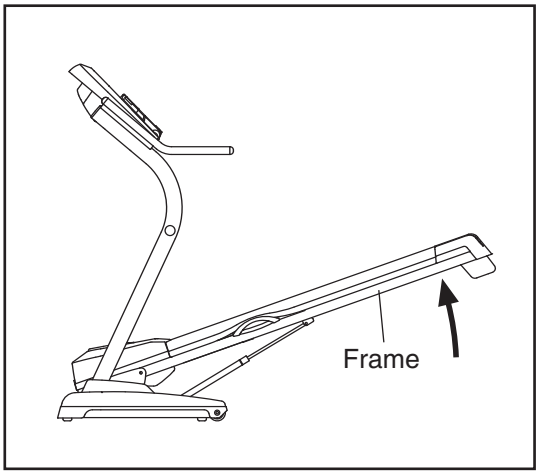
Note: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, the word “On” will appear in the display while the information mode is selected. To turn on or off the demo mode, press the Speed decrease button.

To exit the information mode, remove the key from the console

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

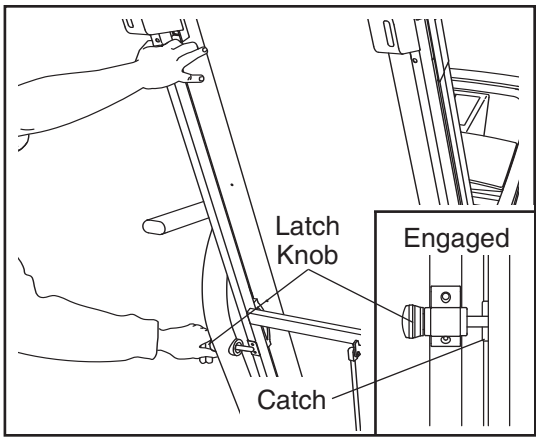
Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, the treadmill may be damaged. Next, unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.



1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. To raise the frame, bend your legs, keep your back straight, and lift with your legs.** Raise the frame about halfway to the vertical position.

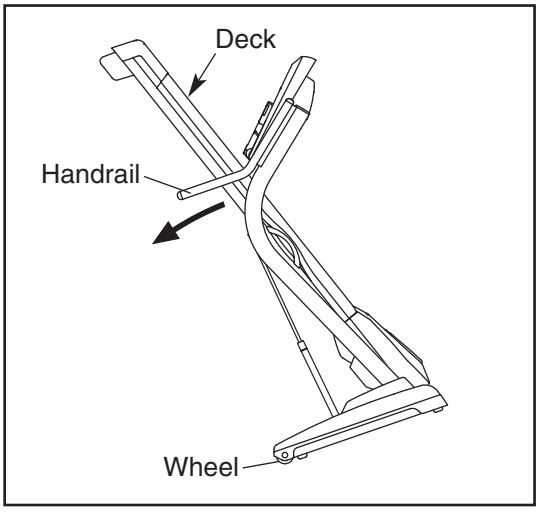
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the catch passes the pin on the latch knob, and then slowly release the latch knob. **Make sure that the frame is held securely by the pin.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert it to the storage position as described above. **Make sure that the frame is held securely by the pin.**



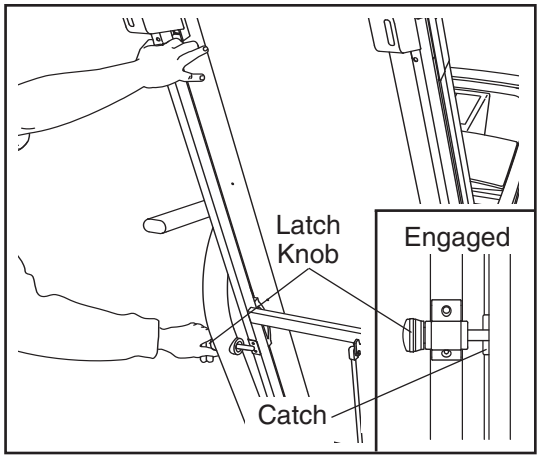
1. Hold one of the handrails and place your other hand on the deck. Place one foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

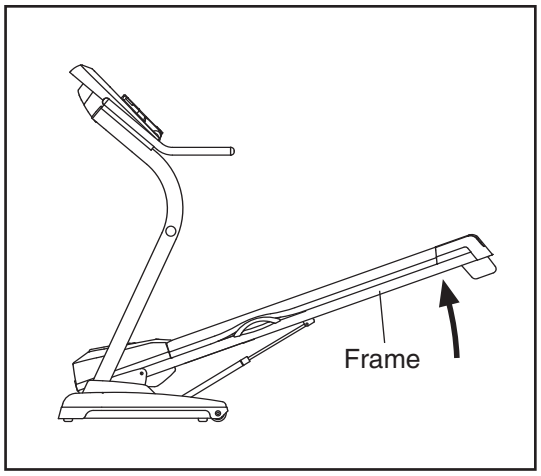
3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. Pivot the frame downward and then release the latch knob.



2. **Hold the metal frame firmly with both hands**, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**



TROUBLESHOOTING

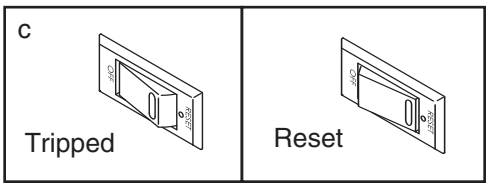
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 13). If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m). Important: The treadmill is not compatible with RCD-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

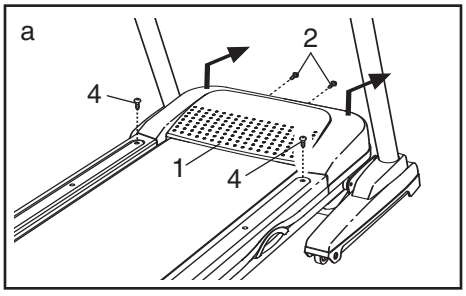
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

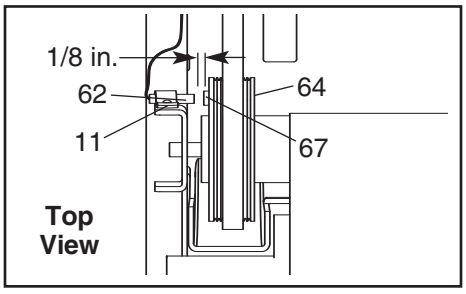
d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the two #12 x 1 1/4" Screws (4) and the two 3/4" Screws (2) and carefully remove the Hood (1).



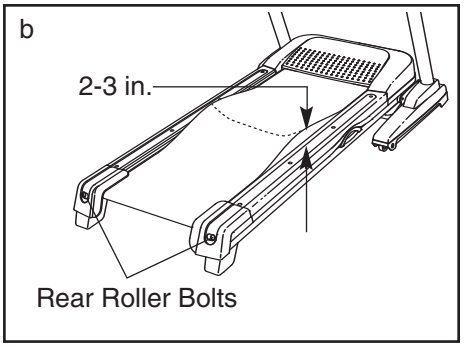
Locate the Reed Switch (62) and the Magnet (67) on the left side of the Pulley (64). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the M4.2 x 10mm Screw (11), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).

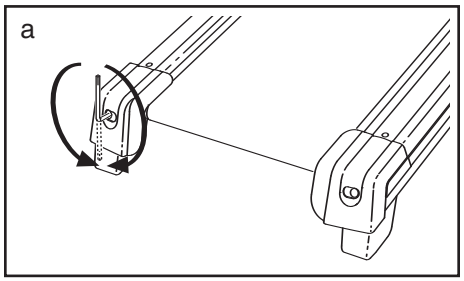
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



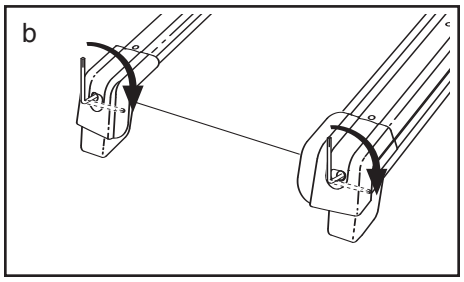
c. If the walking belt still slows when walked on, please see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: The console displays remain lit when you remove the key from the console

SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 19 to turn off the demo mode.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	💗
145	*138*	*130*	*125*	*118*	*110*	*103*	💗
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

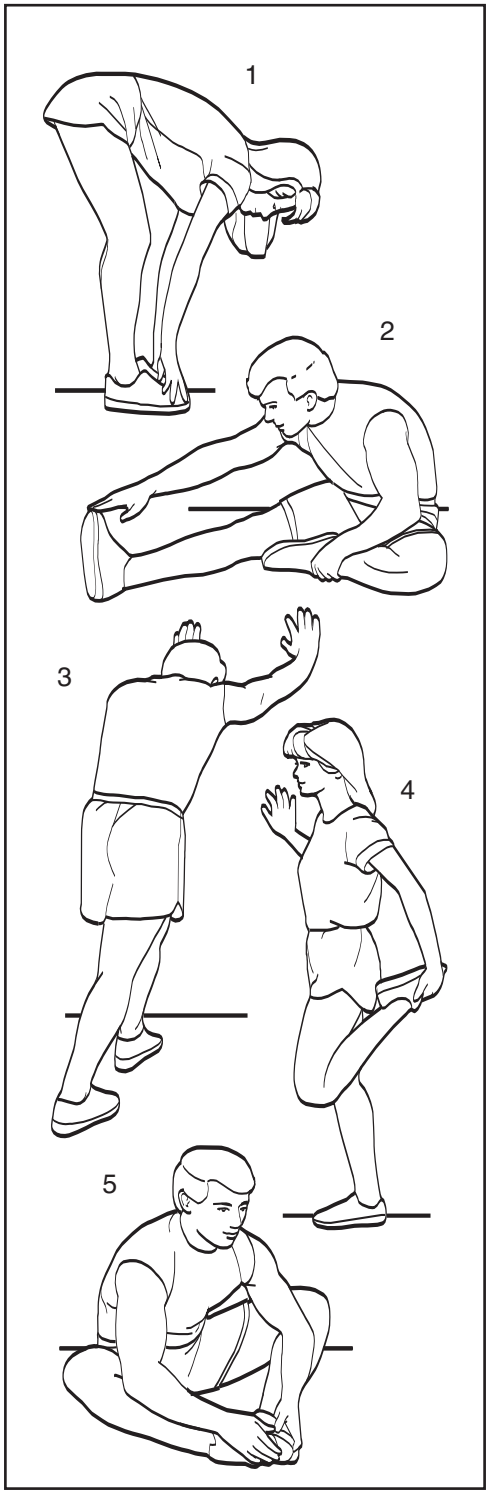
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. PETL40807.0

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To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

Key No.	Qty.	Description
1	1	Hood
2	29	3/4" Screw
3	1	Left Foot Rail
4	8	#12 x 1 1/4" Screw
5	2	3/8" x 3/4" Bolt
6	1	AV Input Jack
7	9	Wire Tie
8	2	1/4" x 5/8" Motor Bolt
9	1	Drive Motor
10	1	Motor Bracket
11	13	M4.2 x 10mm Screw
12	6	Star Washer
13	1	Power Cord
14	2	3/8" x 2 3/4" Bolt
15	2	Foot Rail Decal
16	1	Audio Wire
17	4	Handrail Endcap
18	2	Handrail
19	4	5/16" Star Washer
20	6	5/16" x 3 1/2" Bolt
21	4	1/4" Star Washer
22	2	1/4" x 1/2" Bolt
23	1	Key/Clip
24	2	Frame Pivot Spacer
25	1	Console
26	1	Console Base
27	4	3/8" x 2 1/4" Bolt
28	1	Upright Wire
29	1	Latch Pin Assembly
30	1	Latch Sleeve
31	1	Left Upright
32	2	3/8" x 3 1/2" Bolt
33	4	3/8" Washer
34	2	Frame Spacer
35	5	3/8" Nut
36	1	Right Upright
37	4	Base Pad
38	10	3/4" Tek Screw
39	5	3/8" Star Washer
40	1	5/32" Hex Key
41	2	Caution Decal
42	1	Console Support Bracket
43	1	Warning Decal
44	4	Wheel Spacer
45	2	Wheel
46	1	Incline Wire
47	4	3/8" Lock Nut
48	1	Base
49	2	Plastic Tie
50	1	Belly Pan
51	1	Controller
52	2	Upright Endcap
53	2	3/8" x 2 1/4" Bolt
54	2	Grommet
55	1	Lift Motor
56	1	Stop Bracket
57	1	3/8" x 1 3/4" Bolt
58	1	3/8" x 1 1/4" Bolt
59	1	Lift Frame
60	2	3/8" Flange Nut
61	1	Motor Belt
62	1	Reed Switch
63	1	Clip
64	1	Front Roller/Pulley
65	1	3/8" x 4" Bolt
66	2	5/16" x 1 1/4" Bolt
67	1	Magnet
68	2	Belt Guide
69	2	Rear Roller Bracket
70	2	Isolator
71	4	1/2" Belt Guide Screw
72	1	Walking Belt
73	1	Walking Platform
74	1	Frame
75	1	Right Foot Rail
76	4	5/16" Nut
77	2	Rear Roller Flat Washer
78	1	Releasable Tie
79	1	Rear Roller
80	1	Right Rear Foot
81	1	Ferrite Box
82	2	1/4" x 2 1/4" Bolt
83	1	Left Rear Foot
84	4	U-nut
85	1	Hex Key
86	1	Motor Isolator
87	2	Motor Bushing
88	2	Handrail Spacer
89	1	Latch Insert
90	1	Left Base Cover
91	1	Right Base Cover
92	1	Hood Cover
93	4	1/2" Hood Screw
94	4	Isolator Fastener
95	1	Receptical
96	1	Catch
97	4	1 1/2" Screw
98	1	Gas Spring Clip Kit
99	1	Gas Spring
100	1	Power Cord Adapter

Key No.	Qty.	Description
101	1	Electronics Bracket
102	1	Transformer
103	1	Filter
104	1	3/4" Ground Bolt
105	1	Ground Nut
106	1	Reset/Off Circuit Breaker
107	1	Power Inlet Bracket

Key No.	Qty.	Description
*	–	4" Black Wire, M/F
*	–	8" Green Wire, F/R
*	–	8" Blue Wire, 2F
*	–	4" Red Wire, M/F
*	–	User's Manual

*These parts are not illustrated.

Specifications are subject to change without notice.

EXPLODED DRAWING A—Model No. PETL40807.0

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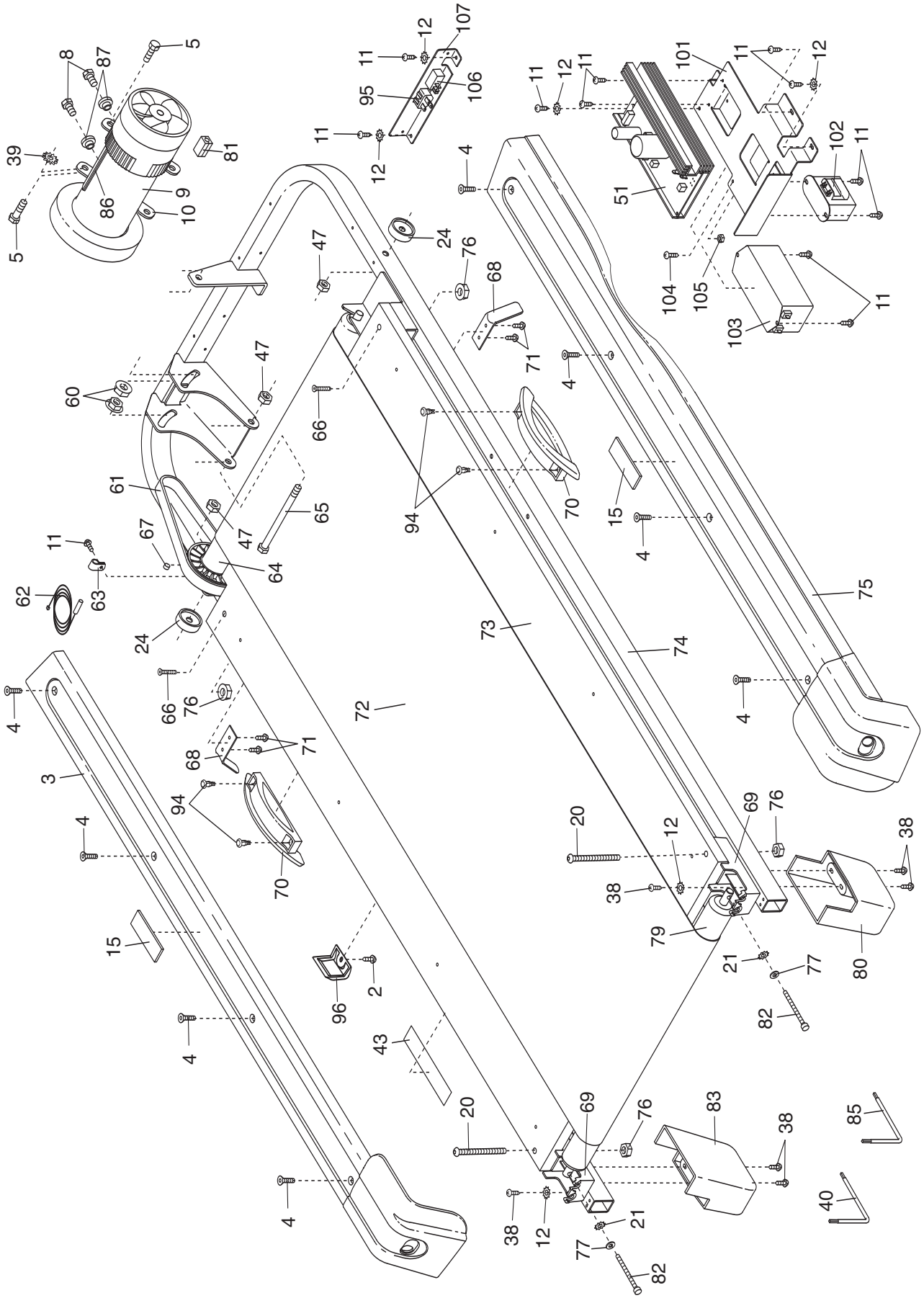

EXPLODED DRAWING B—Model No. PETL40807.0

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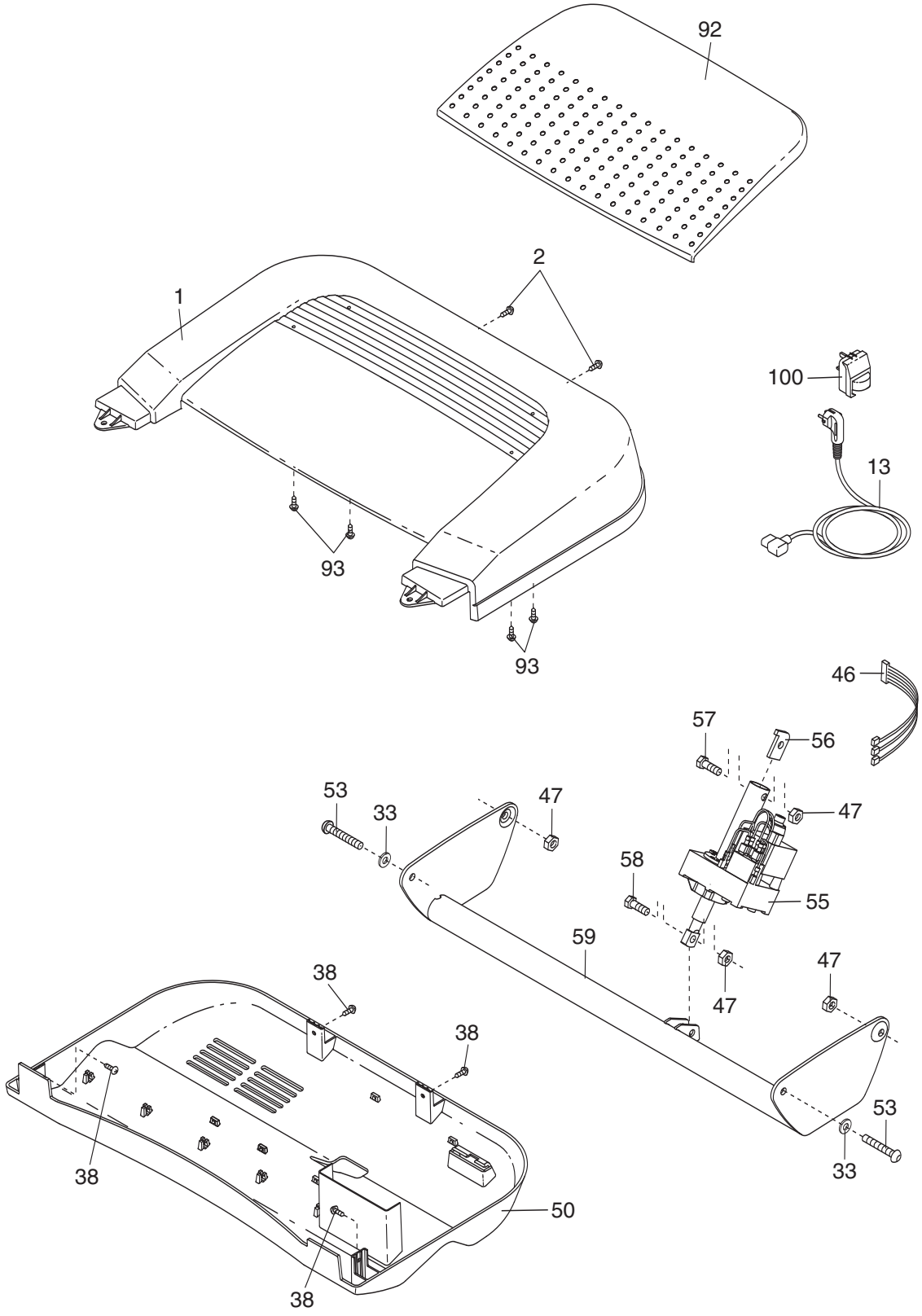

EXPLODED DRAWING C—Model No. PETL40807.0

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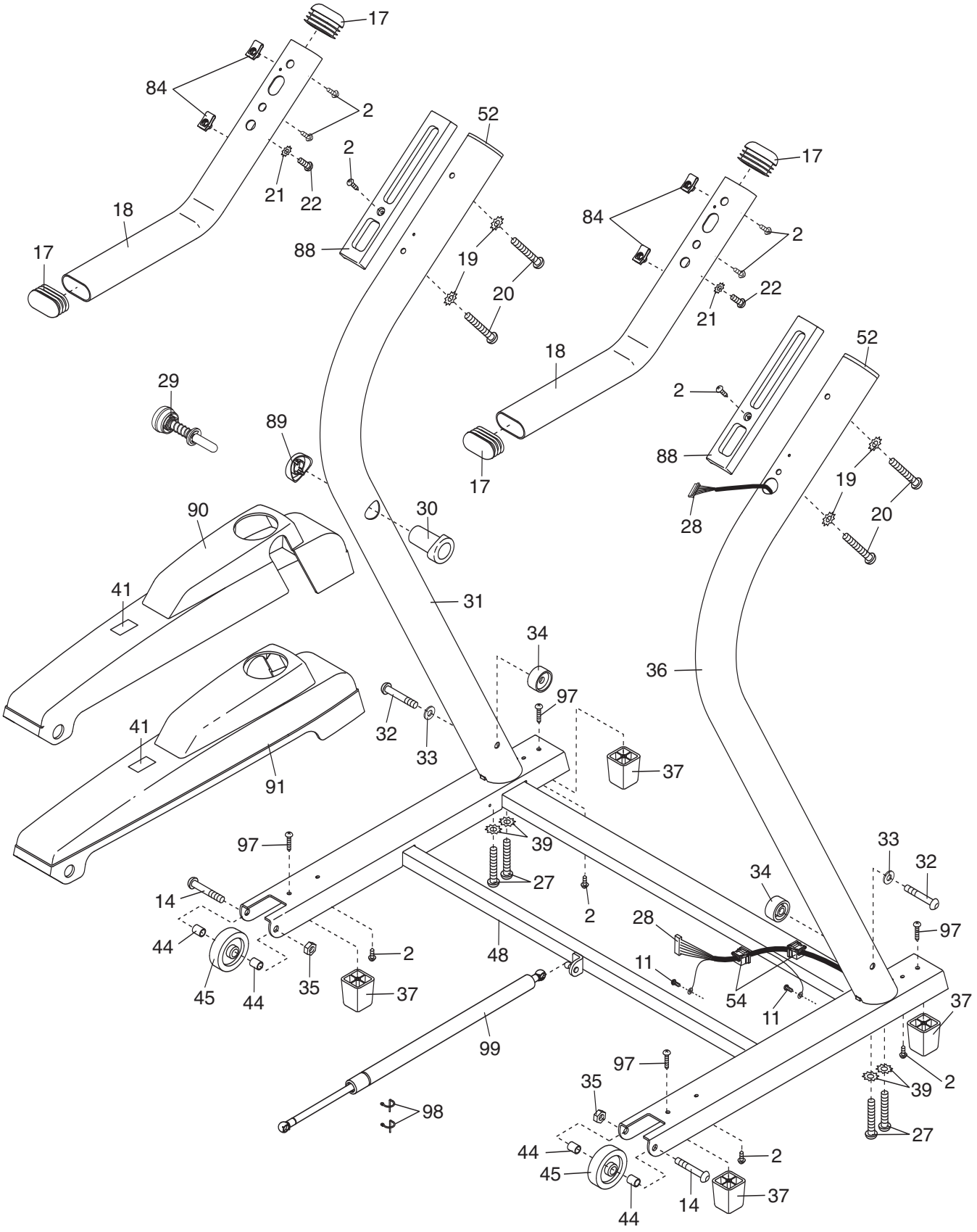

EXPLODED DRAWING D—Model No. PETL40807.0

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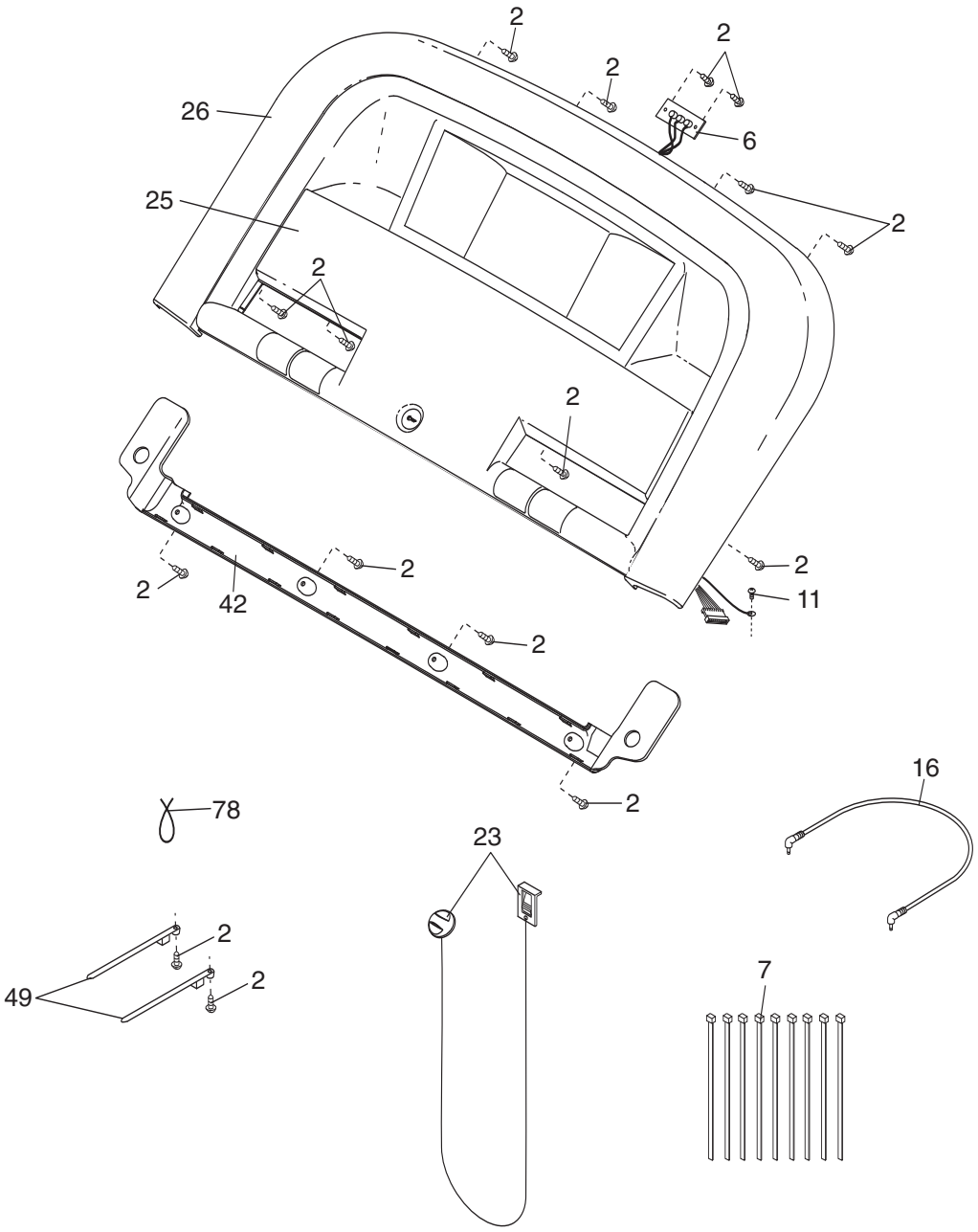

ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and the serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

Part No. 256922 R0907A

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